

Food and Emotions Diary

Date: _____

Time	Feelings Before	Hunger	Food Eaten	Fullness	Feelings After

Hunger / Fullness Scale	
1	Starving, weak, dizzy
2	Very hungry, low energy, stomach growling a lot
3	Pretty hungry, stomach is growling a little
4	Starting to feel a little hungry
5	Satisfied, neither hungry nor full
6	A little full, pleasantly full
7	A little uncomfortable
8	Feeling stuffed
9	Very uncomfortable, stomach hurts
10	So full I feel sick

Notes: _____

GLAD		MAD		SAD		NEUTRAL	AFRAID
Amazed	Important	Abused	Furious	Abandoned	Hurt	Ambivalent	Anxious
Amused	Joyous	Aggressive	Guilty	Alienated	Hysterical	Bewildered	Apprehensive
Calm	Loving	Angry	Hostile	Burdened	Insecure	Bored	Cowardly
Cherished	Loose	Appalled	Horrified	Deprived	Isolated	Cautious	Disoriented
Comfortable	Mellow	Blamed	Irritated	Desperate	Jinxed	Confused	Fearful
Confident	Mischievous	Bitter	Manipulated	Disappointed	Lonely	Detached	Frantic
Content	Nurturing	Controlled	Negative	Discouraged	Lost	Distracted	Frightened
Delighted	Optimistic	Disapproving	Ornery	Disregarded	Miserable	Impartial	Hesitant
Determined	Peaceful	Disgusted	Resentful	Distant	Neglected	Impatient	Panicked
Eager	Playful	Enraged	Shocked	Embarrassed	Overlooked	Indifferent	Paranoid
Ecstatic	Protective	Envious	Smothered	Empty	Regretful	Lethargic	Scared
Exhilarated	Proud	Exasperated	Stubborn	Foolish	Rejected	Numb	Suspicious
Free	Relieved	Frustrated	Victimized	Forgotten	Upset	Overwhelmed	Threatened
Fulfilled	Respected			Grief	Withdrawn	Puzzled	Timid
Happy	Satisfied			Hopeless	Worthless	Restless	
Hopeful	Sympathetic			Humiliated	Vulnerable	Uncertain	